



VISITING NURSE SERVICE  
&  
HOSPICE OF SUFFOLK

23<sup>ND</sup> ANNUAL

# 5K RUN FOR THE HEALTH OF IT

TO BENEFIT HOSPICE HOUSE

**SATURDAY, MAY 13, 2023**

Visiting Nurse Service & Hospice of Suffolk  
505 Main Street Northport, NY

LONG ISLAND  
TRACK & FIELD 2023



## SCHEDULE

7:30 am Check in • 8:30 am Kids fun run • 9:00 am 5K Race/walk

## ENTRY FEE

\$25 Race/walk (\$30 on race day) • \$10 Kids fun run

## PRIZES & GIFTS

Cash prizes for top 3 overall male and female runners, male and female Masters champions, top nurse and top team. Prizes awarded for the top 3 finishers in each 5-year age bracket. Swag bag valued at more than \$25.

**REGISTER at [events.elitefeats.com/23vnshs](https://events.elitefeats.com/23vnshs)**

For more information please call 631.930.9310